

GOAL SETTING

THE FACTS



“Goals are clear and specific targets that allow you to choose the direction of your life and what you will achieve. Goal setting can be fun and easy – only you can choose what goals you would like to achieve. Goal setting is one way of helping you focus your efforts and clearly define what you are going to do to achieve the goals you set. Goal setting gives you long-term vision and short-term motivation.”



WHY DO YOU NEED TO SET GOALS?

They help you achieve more in your day-to-day life by:

Assisting you to reach your potential

e.g. increasing your sporting skills or achieving higher grades at school

Increasing your motivation

e.g. becoming more active, developing more leisure time activities

Improving your self-confidence

e.g. becoming a confident person by making the right decisions



GOAL SETTING

examples

You can set goals in many areas of your life. Here are a few suggested examples that may help you choose your goals.

EDUCATIONAL

These are goals that will help you achieve improved outcomes in school and learning.

HEALTHY LIFESTYLE

These are goals that will help you achieve desired outcomes to do with exercise, eating, sleeping or leisure time habits. For example; exercising more, eating healthily or taking up a hobby.

FAMILY

These are goals that will help you achieve more positive relationships within your family, such as; spending time with your siblings, helping mum or dad around the house or visiting your grandparents.

PERSONAL

These are goals that will help you develop new skills and knowledge as well as undertake new experiences.

player example

TYPE OF GOAL	GOAL (BE SPECIFIC)	BE PROACTIVE	BE ORGANISED	BE POSITIVE	MAKE A DATE
Educational, Healthy Lifestyle, Family or Personal	Decide exactly what you really want	What do you need to start or do?	What skills do you need?	What positives do you wish to gain from achieving your goal?	Have a timeline
<i>Educational</i>	<i>Pass my university exam</i>	<i>Study the course content</i>	<i>Create a study timetable, arrange a study buddy</i>	<i>Gain knowledge and improve self-esteem</i>	1 July – revise class notes 15 July – do a practice exam 30 July – actual exam



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WORKSHEET

GOAL SETTING

WHAT CAN I DO? Here is a suggested plan to assist you with reaching your goals. Fremantle Dockers' players have provided some of their own goals to help you on your way. Write yours in below theirs.

TYPE OF GOAL	GOAL (BE SPECIFIC)	BE PROACTIVE	BE ORGANISED	BE POSITIVE	MAKE A DATE
Educational	Pass my university exam	Study the course content	Create a study timetable, arrange a study buddy	Gain knowledge and improve self-esteem	1 July – revise class notes 15 July – do a practice exam 30 July – actual exam
Healthy Lifestyle	Be selected for the first game of the season	Improve skill level	Practice goal kicking Seek help from assistant coach	Improved confidence and ability	February – get selected for pre-season games 26 March – get selected for Round 1

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GOAL SETTING CONTINUED

TYPE OF GOAL	GOAL (BE SPECIFIC)	BE PROACTIVE	BE ORGANISED	BE POSITIVE	MAKE A DATE
Family	Strengthen relationship with my sister	Talk to each other more	Call her twice a week and meet up once a week	Closer relationship	Ongoing
Personal	Go camping for the first time	Choose location Buy camping gear Research safety issues	Seek advice from friends who have been camping before	Experience something outside of my comfort zone Greater appreciation of nature	End of season